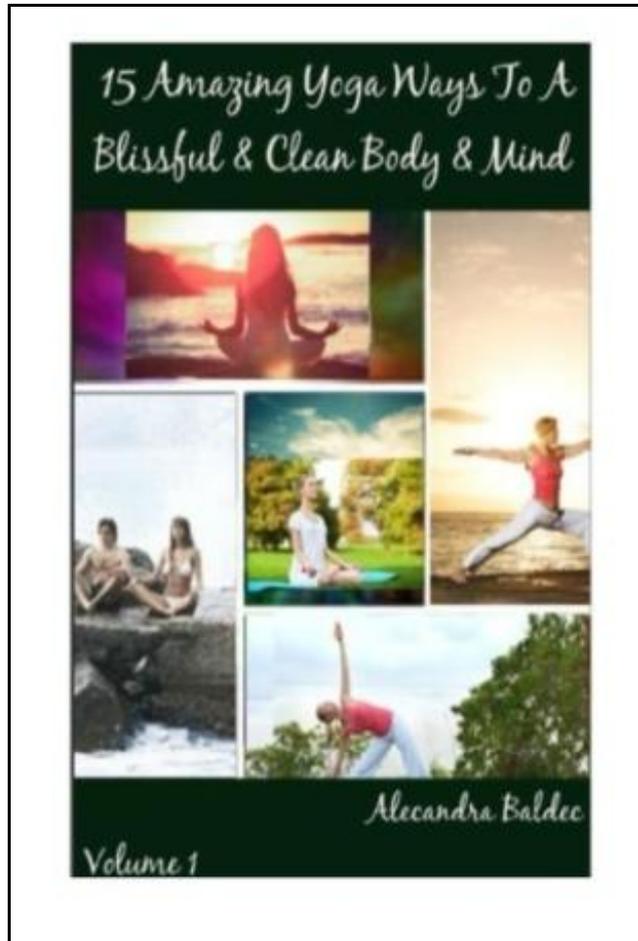


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The goal of this beginning Yoga guide is to show you the wonderful world of Yoga poses that you could apply today as a beginning Yoga student. This Yoga poses for beginners book is going to guide you through the proper beginning Yoga poses that are easy enough for a beginner to get started with. This Yoga poses book is going to help you achieve this goal. Once you are able to repeat your daily Yoga poses, you are automatically going to feel fitter, healthier, happier and enlightened! Most of my beginning Yoga students are hooked for life after their first few Yoga exercises for beginners where I am teaching them all these Yoga poses that I have included for you in this beginner Yoga poses guide. This Yoga poses guide for beginners will act as a starting point from where you can explore your exciting new Yoga path that you are able to explore once you master the basic Yoga poses. I always tell my students that today there are truly unlimited possibilities that they can tap into with some basic Yoga poses and skills. I highly encourage you to take advantage of this book and start with the basic Yoga poses from where you can develop your own daily Yoga ritual. Depending on your own goal and your situation, you can go from the basics and explore the world of Yoga as you get a deeper understanding of Yoga. My goal is to show you the beginning yoga poses that you absolutely must master before getting deeper into the wonderful world of Yoga. I also want to motivate and encourage beginners to stick to a daily...

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